

## ABSTRACT

A multipurpose and combination exercise device comprising a rigid 'H' shaped frame with non skid members, a pair of planar posts, an adjustable seat with a seat belt, and two horizontal bars. A user sitting on the seat can exercise their abdominal muscles without using additional weights by using resistance provided by the user's own body weight. The device can also be used to exercise pectoral muscles without additional weights by using resistance provided by user's own body when user grasping the horizontal bar extends both arms, lowers their torso and then raises their torso.